Module 1 – Summary and Reflection

In this module, you learned dozens of easy and painless strategies to help you cut calories each day, including:

- Eat breakfast.
- Have a regular time for your meals.
- Fix your plate and take it to the table.
- Use smaller plates.
- Set a pleasing table and linger with your meal.
- Start your meal with soup or salad.
- Put your fork down in between bites, chew well, and savor each bite.
- Shop the perimeter of the grocery store.
- Schedule plenty of meals and snacks throughout the day.
- Include protein in your snacks.
- Have a plan for rewards.
- Eat high-volume foods.
- Drink more water and tea.
- Get enough sleep.
- And many more

From finding your motivation for losing weight, to grocery store shopping techniques, to the various aspects of cutting calories, like eating in moderation, portion control, and learning to eat slower, you discovered easy, proven, and actionable techniques you can use right now to help you lose weight.

You learned, also, how to manage what you drink to cut calories as well.

You joyfully discovered that the smartest, most effective strategies for losing weight actually include time off from your diet. Yes, you can include wine, chocolate, and cheesecake in your routine! The secret is to eat them in moderation.

Next, in Module 2, you'll find out how to tackle your eating triggers, like emotional eating, walking into a movie theater, and late night hunger. You'll learn how to strengthen your self-control. And you'll discover how to maintain your target weight as time goes on. But first, we'll pause to reflect on this module's ideas.

Self-Reflection:

1. What are your reasons for losing weight? Which one is most important to you?

2. Visualize yourself at your target weight. How does this make you feel?

3. Have you tried any of the action tips in this module yet? Which ones? Which ones will you try next?

4. Which aspect of cutting calories is more difficult for you – portion control, eating in moderation, or something else? How can you alleviate the difficulty?

5. What are your favorite calorie-cutting strategies? How can you turn these strategies into habits?

6. How can affirmations help you lose weight? Try writing your own affirmation describing you at your target weight and mentioning your favorite calorie-cutting strategies that you take advantage of each day to lose weight. Read this affirmation out loud at least twice each day.

7. Which of your friends or loved ones might consider being your weight loss buddy? You can support each other in your weight loss goals, bounce calorie-cutting ideas off each other, and keep each other on track. Call them and discuss the idea.